



0000

Schilling, Sebastian

000: 2:46:01

00: Berlin

00: 335

00: 51.89 km

Olympisch (1,5/40/10 km)

00000/000: 113 (of 233)

00000/0: 104 (of 179)

000000: 2:04:10

0000:

SEN2 / TM 45

00000: 25(of 39)

0000000: 2:19:54

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	1.50	40:57	27:18	36	18:22	165	20:21	1.50	40:57	27:18	36	18:22	165	20:21
Wechsel S -> R	0.26	2:51	10:57	9	0:56	65	1:26	1.76	43:48	24:53	36	18:20	162	20:59
Schwimmen 000	1.76	43:48	24:53	36	18:20	162	20:59	1.76	43:48	24:53	36	18:20	162	20:59
Rad netto	40.00	1:12:12	1:48	16	8:51	66	10:59	41.76	1:56:00	2:46	30	25:01	124	29:23
Wechsel R -> L	0.13	1:40	12:49	21	0:46	104	0:57	41.89	1:57:40	2:48	29	25:32	120	30:20
Radfahren 000	40.13	1:13:52	1:50	14	9:22	65	11:56	41.89	1:57:40	2:48	29	25:32	120	30:20
Lauf	10.00	48:21	4:50	14	6:49	67	11:49	51.89	2:46:01	3:11	25	26:07	104	41:51